

Project Proposal

Committee: Streets Committee

Project Title: Adult Fitness Equipment at Paseos 1 (by Tennis courts) & Paseos 3 (Bayliss Site in Avenida Espana neighborhood).

Cost: TOTAL for two SITES **\$74,510**

Location:

End of Paseos # 1 (by Tennis courts were Paseos meet Los Paseos Park) end of Paseos # 3 (Bayliss Site in Avenida Espana neighborhood).

Short Description:

Eight pieces of Adult Fitness Equipment at the end of Paseos #1 and at the end of Paseos #3. One set at each location.

Long Description:

There is plenty of play equipment for kids but nothing for adults. These are great locations for adults who walk/run along the pathways in these neighborhoods. Ease of equipment availability will help adults to stay fit.

The creation of an adult park is very difficult task when there is no new planned development. Normally, parks are created from the funds a developer is required to give for new neighborhood parks. Because this land, Bayliss Site in Avenida Espana was given to the city well after the houses were built, the Calpine Grant and the PB process gives us a unique opportunity to enhance Fitness activities.

This freestanding fitness Equipment does not require a resilient surfacing making it easier to maintain and to be installed at the above mentioned locations. They are totally separate pieces that can arranged in numerous ways to fit the terrain.

The site close to the Tennis Court in Los Paseos Park is ideal because of its open space, tree shade and air breeze.

The Adult Exercise Equipment complements the activities at Los Paseos pathways. Joggers, youths and seniors can get fit and build muscle. Building muscle mass helps strengthen connective tissues, which increases bone density. By doing this, they are reducing the risk for injury, and a chance of getting osteoporosis later in life. The more muscle, the higher the resting metabolic rate. The Centers for Disease Control (CDC) have found that exercise, which build muscles, can actually help to improve balance, improve blood-sugar control, and improve sleep and mental health.

Tennis players that are about to start a game at the tennis courts nearby can warm up effectively before a game.

Photos/image





Responsible City Agency: Department Of Transportation.